

The CheckPoint Stress Diary

Date and Time	Stress <i>What did it feel like?</i> <i>How did you identify it?</i> <i>How long did it last?</i>	Event <i>What happened immediately before the stress?</i> <i>What happened in the hours leading up to the stress?</i>

Possible Symptoms of Stress

- Feeling tense and pent up
- Feeling irritable, short tempered, moody
- Difficulty concentrating or thinking straight
- Impulsive responses like snapping at people
- Anxiety, worry
- Negative thoughts, like "I can't do this", "this is too much" etc
- Panic or the strong urge to get away from the source of stress
- Fast heart rate, fast breathing
- Tightness in the stomach or abdomen
- Headache
- Teeth clenching
- Dry mouth

Consider...

External Causes

- Crises/catastrophes
- Major life events
- Daily hassles/microstressors
- Ambient stressors

Internal Causes

- Chronic worry
- Pessimism
- Rigid thinking, lack of flexibility
- Negative self-talk
- Unrealistic expectations
- Perfectionism
- All-or-nothing attitude

